

COOK FRESH



workshops & courses for people and planet

Food Hygiene - Cooking Skills - Wellbeing
Employability - Sustainability
Nutrition - Community

COOK FRESH

TRAINING IN FOOD AND NUTRITION

Abundant Borders is proud to be a registered Royal Environmental Health Institute of Scotland (REHIS) Training Centre, offering a range of accredited courses in food hygiene, cooking skills, and nutrition. Our training programmes are designed to empower individuals and communities with essential knowledge and practical skills to promote food safety, enhance culinary confidence, and support sustainable, healthy living. With a commitment to quality, accessibility, and real-world application, Abundant Borders ensures that every participant is equipped to make a positive impact in their homes, workplaces, and communities.

Objectives

- **Enhancing Food Safety and Hygiene:** Deliver nationally recognized training to improve standards in community and commercial kitchens.
- **Building Cooking Confidence:** Provide practical, hands-on cooking skills to foster self-reliance and healthier eating habits.
- **Supporting Community Empowerment:** Create pathways for volunteers and community members to gain valuable qualifications and contribute to local food initiatives.

Target Audience

Our courses are ideal for volunteers, community groups, aspiring food industry professionals, and anyone passionate about food safety and culinary skills. We work closely with charities, community cafes, larders, and other grassroots initiatives to ensure inclusivity and accessibility.

For more information and to book a course for a group/organisation, please contact robin@abundantborders.org.uk.

Course costs are presented as a group charge. For individuals, please contact robin@abundantborders.org.uk to find courses near you.

CONTENTS

Introduction

Cooking Skills

- Elementary Cooking Skills (REHIS)

Employability Skills

- Cooking and Food Hygiene (REHIS)

Food Waste

- Food Waste Workshop
- Cooking For The Planet Course

Energy Efficient Cooking

- Using a Slow Cooker
- Using an Air Fryer

Elementary Food and Health Workshop (REHIS)

Eating Well Workshops and Courses

- Eating Well for Oral Health
- Eating Well in Later Life
- Eating Well on a Budget
- Eating Well to Feel Well
- Eating Well for Menopause
- Eating Well in Pregnancy
- Eating Well with Diabetes

Fermentation and the Healthy Gut Workshop

Allergen Awareness Workshop

Food Hygiene

- Introduction to Food Hygiene (REHIS)
- Elementary Food Hygiene (REHIS)

How to Run a Community Cooking Group



COOKING SKILLS

Learning to cook from scratch is a valuable skill that benefits individuals, families, and communities. It allows individuals to choose fresh, wholesome ingredients, avoiding excess salt, sugar, and unhealthy fats often found in processed foods. And preparing meals from raw ingredients is often cheaper than buying pre-packaged or takeaway meals, helping to reduce household food bills.

Elementary Cooking Skills

The Elementary Cooking Skills course has been independently rated on the Scottish Credit Qualifications Framework (SCQF) at Level 4 with 1 credit. In this six-week course participants learn basic cooking skills to increase your confidence, skills and knowledge.

- How to understand and follow a recipe
- How to prepare food safely
- How to make meals using different cooking methods
- How to make meals look and taste delicious

This course is a fun, friendly way to learn new skills in a small, group setting and to feel more confident with food and cooking meals from scratch. It is also a great way to get the certificates you need if you want to work in a kitchen or anywhere where food is sold or prepared.

Course Costs

- £1750 course delivery and materials (including ingredients)
 - £7.50 per person REHIS Elementary Cooking Skills Certificate
 - (OPTIONAL) £7.50 per person REHIS Introduction to Food Hygiene Certificate
- (Travel expenses will be charged where appropriate)

If you are unable to host the course from your premises and would like us to find a venue for you, the costs will be passed on.

Maximum Number of participants: 8

EMPLOYABILITY SKILLS

Working in a commercial kitchen can be a great career. It offers opportunities for creativity and the fast-paced environment can be exciting and rewarding. And there is a growing demand for skilled professionals in the industry, meaning job security and potential for career advancement. Working in a kitchen fosters teamwork, communication, and leadership skills, while creating delicious food can provide a sense of accomplishment and pride. This course is an ideal way to gain certificates to work in a kitchen or anywhere where food is sold or prepared.

The Elementary Cooking Skills certificate has been independently rated on the Scottish Credit Qualifications Framework (SCQF) at Level 4 with 1 credit and the **Introduction to Food Hygiene** certificate is a nationally recognised entry level qualification for the food industry and is approved and certificated by the Royal Environmental Health Institute of Scotland (REHIS).

In this six-week course participants learn:

- The benefits of high standards of cleanliness in the kitchen
- The importance of good personal hygiene
- The causes of food poisoning, and how to avoid them
- How to prepare food safely
- How to store food safely
- The importance of best practice in commercial/community kitchens
- How to understand and follow a recipe
- How to make meals using different cooking methods
- How to make meals look and taste delicious
- How to work independently and follow instructions

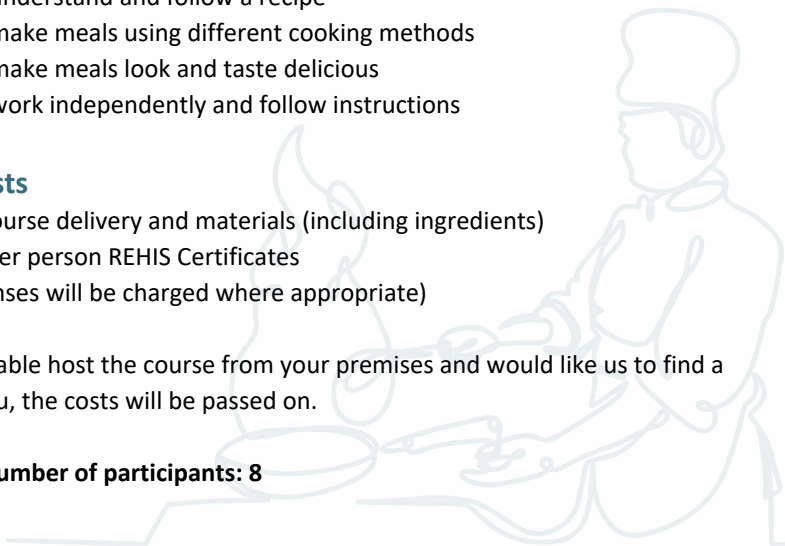
Course Costs

- £1750 course delivery and materials (including ingredients)
- £15.00 per person REHIS Certificates

(Travel expenses will be charged where appropriate)

If you are unable to host the course from your premises and would like us to find a venue for you, the costs will be passed on.

Maximum Number of participants: 8



FOOD WASTE

According to data published in 2024 by Zero Waste Scotland, 59% of the total food wasted, some 610,167 tonnes, was disposed of by households. This waste has both environmental and economic costs. In the Food Waste Workshops and Courses, participants will learn how to save money by reducing their food waste and understand the environmental impacts of food waste.

Food Waste Introductory Workshops

The Food Waste Workshops focus on the three most wasted food items – potatoes, bread and bananas. In this three-week series of two-hour workshops, focussing on one item per week, participants will:

- Cook healthy, affordable dishes using the weeks food item
- Discover healthy recipes to use leftovers
- Learn how to plan a weekly menu to avoid food waste
- Learn the difference between “Use By” and “Best Before” labelling
- Learn the environmental impact of the food we waste

For individuals, this course is a great way to learn budgeting, planning and cooking skills to avoid food waste and save money.

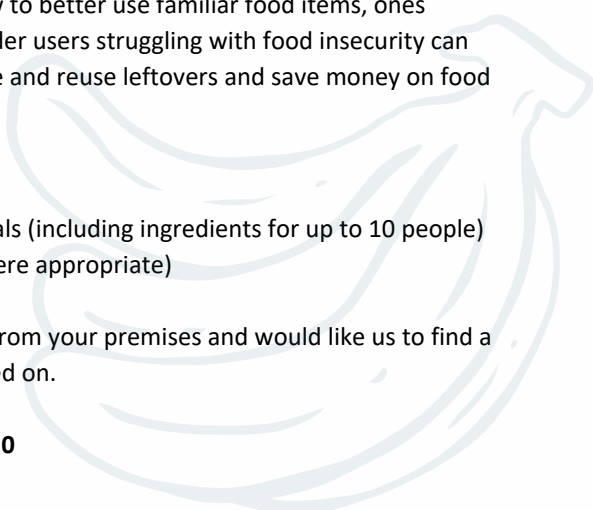
This course is also ideal for community larders. The course can be delivered to larder users to help people learn how to better use familiar food items, ones which are often in surplus. Those larder users struggling with food insecurity can learn skills to help plan meals, reduce and reuse leftovers and save money on food bills.

Course Costs

- £450 course delivery and materials (including ingredients for up to 10 people) (Travel expenses will be charged where appropriate)

If you are unable to host the course from your premises and would like us to find a venue for you, the costs will be passed on.

Maximum Number of participants: 10



COOKING FOR THE PLANET

The Cooking for The Planet, From Waste to Plate Course takes the Elementary Cooking Skills programme and gives it a food waste twist. In this six-week course, focussing each week on a different key ingredient, one which is commonly wasted, participants learn basic cooking skills to increase confidence, skills and knowledge.

- How to understand and follow a recipe
- How to prepare food safely
- How to make meals using different cooking methods
- How to make meals look and taste delicious
- How to plan a weekly menu to minimise food waste
- How to store food safely
- The difference between “Use By” and “Best Before” labelling
- The environmental impact of the food we waste

This course is a fun, friendly way to feel more confident with food and cooking meals from scratch and to understand the impact our food choices have on the planet. It is also a great way to get the certificates you need if you want to work in a kitchen or anywhere where food is sold or prepared.

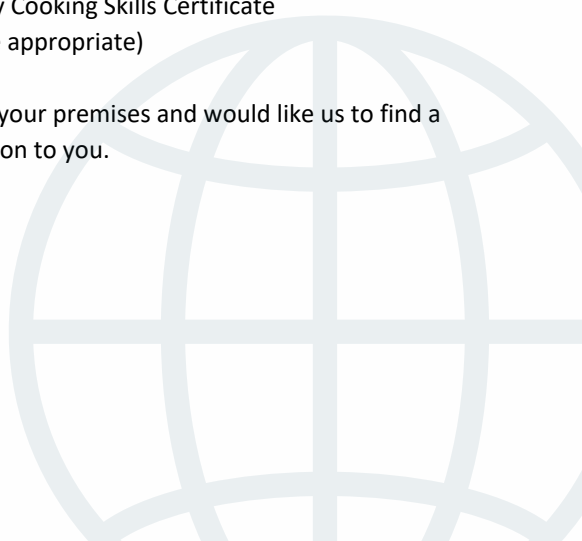
Course Costs

- £1750 course delivery and materials (including ingredients)
- £7.50 per person REHIS Elementary Cooking Skills Certificate

(Travel expenses will be charged where appropriate)

If you are unable to host the course from your premises and would like us to find a venue for you, the costs will be passed on to you.

Maximum Number of participants: 8



Energy Efficient Cooking

Cooking with energy-efficient appliances like slow cookers and air fryers help reduce energy consumption, lowering electricity bills and decreasing the environmental impact associated with high energy use. Unlike traditional ovens and stovetops, which require more power and heat up the entire kitchen, slow cookers and air fryers use targeted, efficient heating methods, making them more sustainable choices. They also contribute to healthier eating—slow cookers allow for nutrient-rich, home-cooked meals with minimal effort, while air fryers reduce the need for excessive oil, promoting lower-fat cooking. By using energy-efficient cooking methods, people can save money, eat better, and lessen their carbon footprint.

Slow Cooker

Cooking in a slow cooker is energy-efficient because it uses low, steady heat over a long period, consuming significantly less electricity than an oven or stovetop. Most slow cookers operate at around 75–300 watts, compared to an electric oven, which typically uses 2,000–5,000 watts. Since they retain heat well with their insulated design and tight-fitting lids, they minimize energy waste and require less power to maintain a consistent temperature. Additionally, slow cookers allow for batch cooking, reducing the need for multiple cooking sessions, which further conserves energy. By gently simmering food, they also help break down tough cuts of meat, making it easier to prepare affordable, nutritious meals while keeping energy costs low.

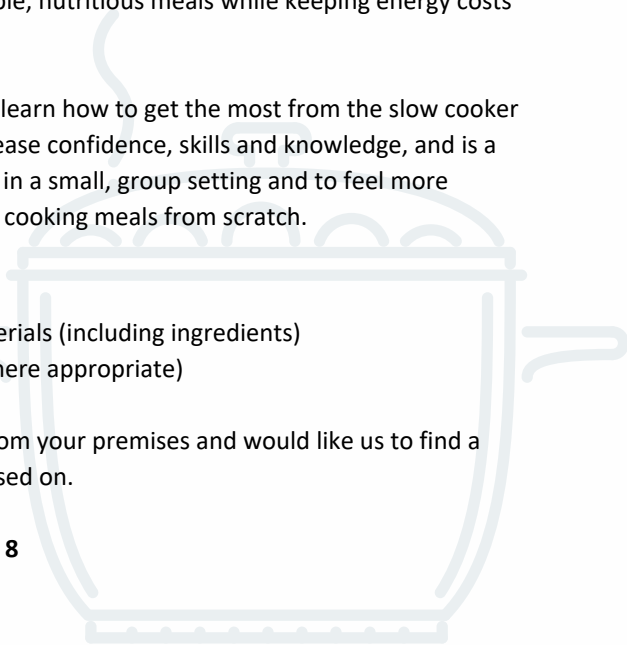
In this six-week course participants learn how to get the most from the slow cooker and gain basic cooking skills to increase confidence, skills and knowledge, and is a fun, friendly way to learn new skills in a small, group setting and to feel more confident with the slow cooker and cooking meals from scratch.

Course Costs

- £1750 course delivery and materials (including ingredients)
- (Travel expenses will be charged where appropriate)

If you are unable host the course from your premises and would like us to find a venue for you, the costs will be passed on.

Maximum Number of participants: 8



Air Fryer

Cooking in an air fryer reduces oil consumption, allowing people to enjoy crispy, fried-like foods with significantly less fat, which supports a healthier diet. Air fryers are also energy-efficient, using less electricity than conventional ovens while cooking food faster, saving both time and energy. But it is not just about fried foods, their versatility allows for roasting, baking, grilling, and reheating a wide variety of meals.

In this six-week course participants learn how to get the most from the air fryer to produce complete meals for themselves and their families. Participants also gain basic cooking skills to increase confidence, skills and knowledge.

- How to use an air fryer for baking, grilling and roasting
- How to understand and follow a recipe
- How to prepare food safely
- How to make meals look and taste delicious
- Air Fryer recipes to take away

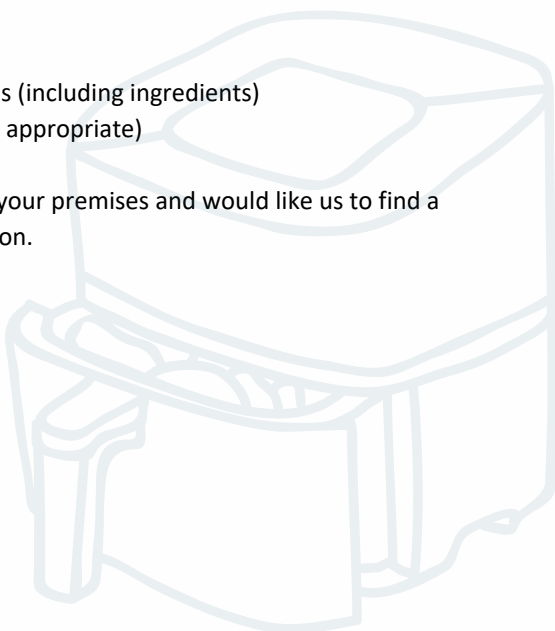
This course is a fun, friendly way to learn new skills in a small, group setting and to feel more confident with the slow cooker and cooking meals from scratch.

Course Costs

- £1750 course delivery and materials (including ingredients)
- (Travel expenses will be charged where appropriate)

If you are unable host the course from your premises and would like us to find a venue for you, the costs will be passed on.

Maximum Number of participants: 8



HEALTH AND NUTRITION

Food is at the heart of our daily lives, shaping our health, energy, and well-being. Yet, poor diet remains one of the leading causes of preventable ill health, reducing quality of life and life expectancy while placing an enormous burden on Scotland's health service and economy - the conditions caused by poor diets costs up to £600 million per year and costs the economy up to £4.6 billion per year. The choices we make about what we eat have lasting effects—not just on our own health, but on our families, communities, and the environment.

Elementary Food and Health Workshop

Whether participants are looking to improve their own eating habits, support a family's nutrition, or gain a deeper understanding of food and health, this workshop provides practical tools and expert guidance to help make positive, lasting changes. By the end, participants will be encouraged to make a clear, personal commitment to healthier eating—one that supports both well-being and a more sustainable future.

This six-hour workshop looks at:

- The consequences of having a poor diet and the benefits of a healthy diet
- The **Scottish Eat Well Guide** and how to use it
- The five food groups and the importance of vitamins and minerals
- Food intake and energy balance
- What is meant by healthy weight
- What influences our food choices
- The importance of good nutrition at different life stages
- Allergies and intolerances
- How to make sustainable food choices

Course Costs

- £300 (£250 charity/community group) course delivery and materials
- £12 per person REHIS Certificate

(Travel expenses will be charged where appropriate)

If you are unable host the course from your premises and would like us to find a venue for you, the costs will be passed on.

Maximum Number of participants: 12

EATING WELL FOR BETTER HEALTH

Eating Well is important throughout our lives and at different times good nutrition becomes even more important. For this reason, Abundant Borders has created a programme specially designed for those times in our lives when we need a little bit of extra support and expert guidance. These courses are delivered by a trained nutritionist so you can be confident that participants are getting the best advice.

Eating Well for Oral Health

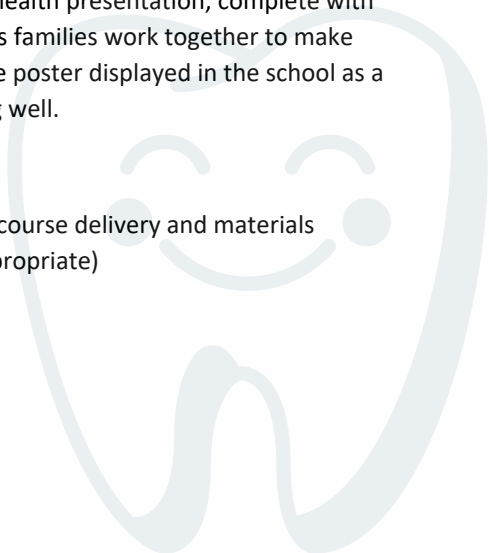
Designed for schools and adaptable to all age groups, this engaging project empowers students to explore the sugar content in everyday foods and understand how it impacts their oral health.

The program begins with a fun and educational two-hour session with students, where they create a vibrant sugar content poster using empty food containers from the things they eat at home - like fruit yoghurts, juices, and other snacks. Through interactive discussions and hands-on activities, children learn about the connection between sugar, diet, and oral health in a way that's easy to understand and apply.

In a one-hour follow-up session with parents and carers, students present their poster alongside a healthy eating and oral health presentation, complete with slides and actionable tips. This session helps families work together to make informed choices about their diets, with the poster displayed in the school as a visual reminder of the importance of eating well.

Course Costs

- £300 (£250 charity/community group) course delivery and materials
(Travel expenses will be charged where appropriate)



Eating Well in Later Life

Eating well as we get older is vital for maintaining health, independence, and quality of life. As we age, our bodies require nutrient-rich foods to support changing energy needs, preserve muscle mass, and boost immunity. A balanced diet can help manage chronic conditions like diabetes, heart disease, and osteoporosis, while also promoting better cognitive function and mental well-being. Good nutrition supports mobility and reduces the risk of falls by maintaining bone and joint health. The temptation, particularly for those living alone, is to turn to ready-meals and fast food rather than cooking from scratch, but beyond physical benefits, enjoying nourishing meals fosters social connections and a sense of routine, contributing to overall happiness and longevity.

This three-hour workshop is designed for older people and their carers, and can be delivered in care homes to train staff members about the importance of good nutrition to the adults in their care.

Course Costs

- £200 (£150 charity/community group) course delivery and materials (Travel expenses will be charged where appropriate)

Maximum Number of participants: 12



Eating Well on a Budget

This workshop will provide practical strategies for preparing nutritious, affordable meals, making the most of your food budget, and reducing waste. Participants will learn how to eat healthily without overspending, gaining essential budgeting, shopping, and cooking skills.

In this three-hour workshop participants will learn about:

- Affordable sources of protein, fibre, vitamins, and minerals
- The Scottish Eat Well Guide – making cost-effective choices
- Meal planning and how to write a cost-effective shopping list
- Fresh, frozen, and canned foods and how to compare their nutrition and value
- How to store food properly to extend shelf life
- “Best-before” vs. “use-by” dates and creative ways to use surplus ingredients
- Local food initiatives and access to community larders, food banks and support services
- Growing your own food at home

Course Costs

- £200 (£150 charity/community group) course delivery and materials
(Travel expenses will be charged where appropriate)

Maximum Number of participants: 12



Eating Well to Feel Well

There is a growing body of evidence showing a strong, direct link between diet and mental health. 95% of serotonin, the hormone that improves mood and reduces anxiety and depression, is produced in the gut. A diet rich in fruits, vegetables, whole grains, and healthy fats, supports the gut microbiome, and, therefore, has a direct effect over feelings of depression, anxiety, alertness and mood swings.

This six-week course:

- Teaches how to incorporate probiotics (healthy gut bacteria) and prebiotics (fibre-rich foods) into the diet in an affordable and practical way
- Addresses specific issues which influence people's relationship with food, and which adversely affect their mental health
- Considers body image. Constant exposure to unrealistic body ideals through media and societal expectations can cause people, particularly women and girls, to engage in harmful eating behaviours to conform
- Will look at how the way we are feeling can trigger unhealthy eating patterns, and how improved diet and body positivity can stimulate improvements in mental health and wellbeing
- Help build relationships and reduce social isolation by preparing, cooking and eating meals with other people

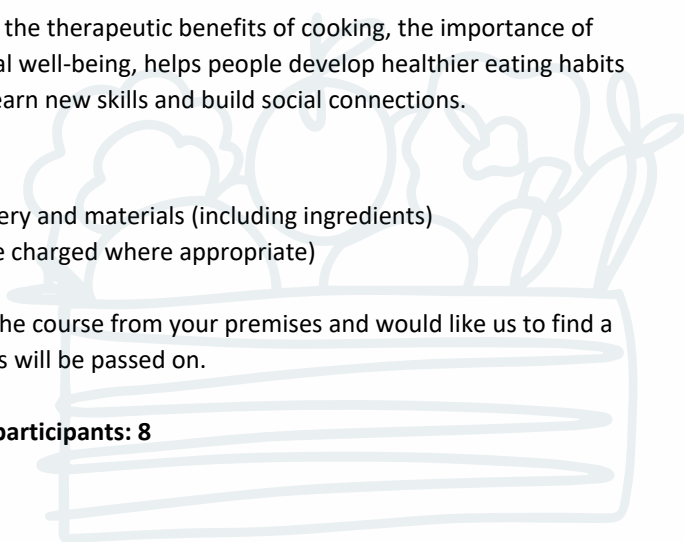
The course emphasizes the therapeutic benefits of cooking, the importance of good nutrition in mental well-being, helps people develop healthier eating habits and is a safe space to learn new skills and build social connections.

Course Costs

- £1750 course delivery and materials (including ingredients)
- (Travel expenses will be charged where appropriate)

If you are unable host the course from your premises and would like us to find a venue for you, the costs will be passed on.

Maximum Number of participants: 8



Eating Well for Menopause Workshop

Menopause brings significant hormonal changes that can affect metabolism, bone health, heart health, and overall well-being.

- Bone Health: The decline in oestrogen increases the risk of osteoporosis
- Heart Health: Menopause can raise the risk of heart disease due to changes in cholesterol and blood pressure
- Weight Management: Metabolism slows down, making weight gain more likely
- Hormonal Balance & Mood: Fluctuating hormones can cause mood swings, anxiety, and fatigue
- Hot Flashes & Sleep Quality: The most common symptoms of menopause

Eating a balanced diet during menopause is essential to manage symptoms, support long-term health, and maintain energy levels.

In the two-hour workshop participants will learn about the hormonal changes happening in their bodies and gain the skills and confidence to make good nutrition a key part of navigating menopause with confidence and vitality

The three-hour workshop includes a cooking demonstration with samples provided to taste and take home.

Both workshops will give participants recipe ideas to take away and try at home.

Course Costs

- Three -hour workshop - £200 (£150 charity/community group) course delivery and materials
- Two-hour workshop - £150 (£100 charity/community group) course delivery and materials

(Travel expenses will be charged where appropriate)

Maximum Number of participants: 12

Eating Well for Menopause Course

Menopause can often feel isolating, leaving many women feeling alone in their experiences and tempted to withdraw from the world. That's why we offer Eating Well for Menopause as a six-week course—a wonderful opportunity to not only learn about good nutrition but also to connect with others navigating similar challenges. Cooking together creates a supportive and enjoyable environment where participants can share stories, experiences, and laughter. The process of trying new recipes, tasting each other's creations, and celebrating progress fosters connection and camaraderie, making the course as much about building friendships as it is about gaining valuable knowledge and skills.

Course Costs

- £1750 course delivery and materials (including ingredients)

(Travel expenses will be charged where appropriate)

If you are unable to host the course from your premises and would like us to find a venue for you, the costs will be passed on

Maximum Number of participants: 8



Eating Well in Pregnancy

Eating well during pregnancy is one of the best things you can do for both yourself and your baby. A balanced diet provides essential nutrients to support your baby's growth and development, helping to build strong bones, a healthy brain, and a good immune system. It also helps you stay healthy, reducing the risk of complications like gestational diabetes and high blood pressure. In this workshop, we'll explore how to nourish your body with simple, affordable, and nutritious foods, ensuring you feel your best throughout pregnancy and give your baby the healthiest possible start in life.

In the two-hour workshop participants will learn about the hormonal changes happening in their bodies and gain the skills and confidence to make good nutrition a key part of navigating pregnancy with confidence and vitality

The three-hour workshop includes a cooking demonstration with samples provided to taste and take home.

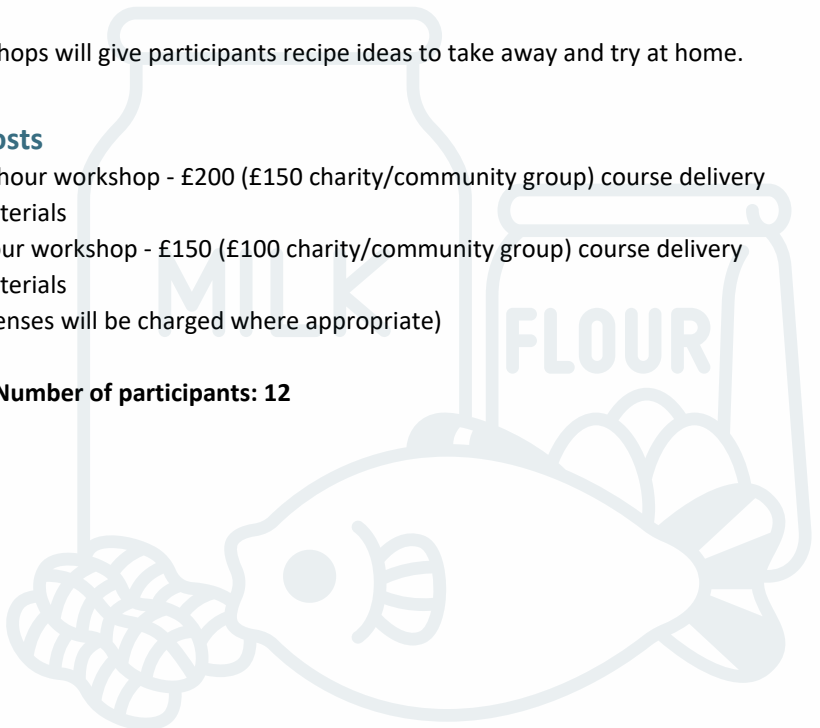
Both workshops will give participants recipe ideas to take away and try at home.

Course Costs

- Three -hour workshop - £200 (£150 charity/community group) course delivery and materials
- Two-hour workshop - £150 (£100 charity/community group) course delivery and materials

(Travel expenses will be charged where appropriate)

Maximum Number of participants: 12



Eating Well in Pregnancy Course

Pregnancy can be an exciting but also lonely and overwhelming experience, especially for those without a strong support network. That's why our Eat Well in Pregnancy six-week course is more than just learning about nutrition—it's a chance to connect with others on the same journey. Over six weeks, we'll explore simple, affordable, and nourishing meals to support you and your baby, while also creating a relaxed, supportive space to share experiences, ask questions, and build friendships. With practical cooking sessions, expert guidance, and plenty of time to chat, this course offers both knowledge and community, helping you feel more confident, empowered, and supported throughout your pregnancy.

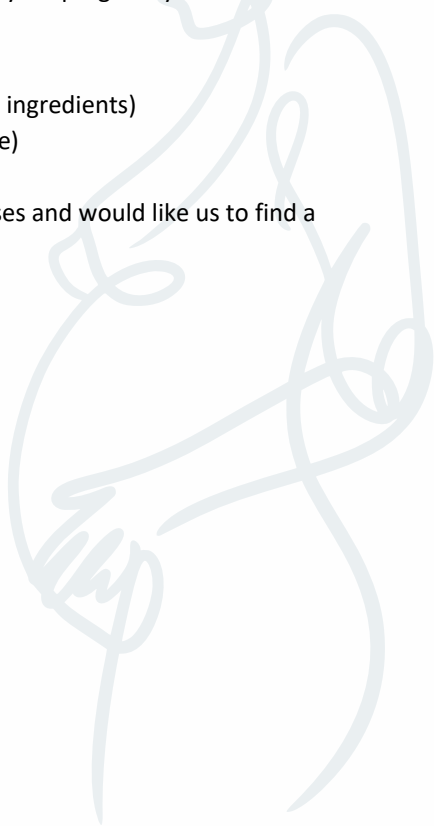
Course Costs

- £1750 course delivery and materials (including ingredients)

(Travel expenses will be charged where appropriate)

If you are unable to host the course from your premises and would like us to find a venue for you, the costs will be passed on

Maximum Number of participants: 8



Eating Well with Diabetes

Managing diabetes or prediabetes starts with understanding how food affects blood sugar. This workshop is designed to provide practical knowledge and guidance for people living with diabetes, those at risk, and their family members who want to support healthier eating habits.

By the end of the workshop, everyone will leave with a set of practical, budget-friendly recipes to try at home and a clear understanding of how to build a diabetes-friendly plate that works for their individual lifestyle. Whether you're looking to take control of your own health or support a loved one, this session will provide the tools and confidence to make positive, lasting changes.

In the two-hour, we'll explore how different foods impact blood sugar levels and discuss the role of carbohydrates, fibre, protein, and healthy fats in diabetes management. Participants will learn how to plan balanced meals and snacks that help maintain stable blood sugar, along with simple food swaps to reduce sugar intake without sacrificing flavour.

The three-hour workshop includes a cooking demonstration with samples provided to taste and take home.

Both workshops will give participants recipe ideas to take away and try at home.

Course Costs

- Three -hour workshop - £200 (£150 charity/community group) course delivery and materials
- Two-hour workshop - £150 (£100 charity/community group) course delivery and materials

(Travel expenses will be charged where appropriate)

Maximum Number of participants: 12



Eating Well with Diabetes Course

Making lasting changes to eating habits can take time, and people may need support, and practice. This six-week course offers a deeper and more practical approach to managing diabetes and prediabetes. It allows participants to gradually build their knowledge, ask questions, and receive ongoing guidance to reinforce key concepts. The course ensures that healthier eating becomes a sustainable lifestyle change. With practical learning, take-home recipes, and continuous encouragement, participants will leave not just with knowledge but with the confidence and skills to take control of their health long-term.

Course Costs

- £1750 course delivery and materials (including ingredients)

(Travel expenses will be charged where appropriate)

If you are unable host the course from your premises and would like us to find a venue for you, the costs will be passed on

Maximum Number of participants: 8



Fermentation and the importance of a healthy gut

Fermented foods are great for gut health because they contain beneficial probiotics—live bacteria and yeasts that support a healthy digestive system. These probiotics help balance the gut microbiome, improving digestion, enhancing nutrient absorption, and supporting immune function. Fermentation also breaks down complex foods, making them easier to digest, which can be especially helpful for people with food sensitivities or digestive issues. Additionally, many fermented foods, such as yogurt, kimchi, sauerkraut, and kefir, contain prebiotics—fibres that feed the good bacteria in the gut, helping them thrive. A diverse and balanced gut microbiome is linked to better overall health, reduced inflammation, and even improved mental well-being.

This engaging three-hour workshop explores the role of gut health in overall well-being, focusing on the importance of the gut microbiome, the difference between prebiotics and probiotics, and how fermented foods like kimchi can support digestion and immunity. Participants will gain a clear understanding of how diet influences gut bacteria and take part in a hands-on session to make their own batch of kimchi to take home.

Participants will learn:

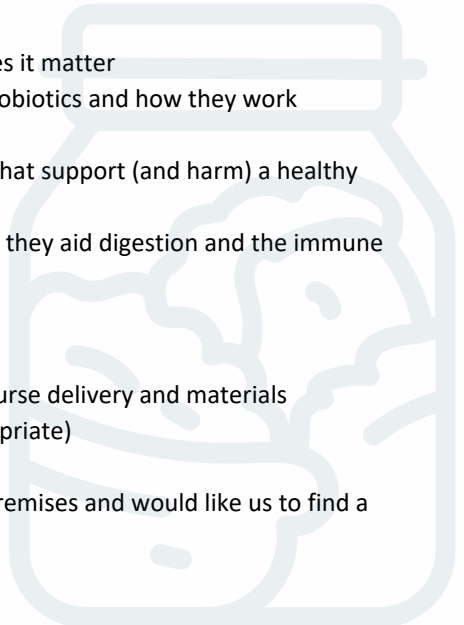
- What is the gut microbiome, and why does it matter
- The difference between prebiotics and probiotics and how they work together
- How diet influences gut bacteria—foods that support (and harm) a healthy microbiome
- The benefits of fermented foods and how they aid digestion and the immune system

Course Costs

- £300 (£250 charity/community group) course delivery and materials (Travel expenses will be charged where appropriate)

If you are unable to host the course from your premises and would like us to find a venue for you, the costs will be passed on.

Maximum Number of participants: 12



Allergen Awareness

In recent years we have become familiar with the Food Information Regulation which requires all food businesses to keep and provide the correct information about 14 key allergens when used as ingredients. The amendment, known as Natasha's Law covers information about ingredients and allergens on prepacked for direct sale products. The only way someone can avoid getting ill is to make sure they don't eat the foods they are allergic to. If you work with food, it is important to take food allergy seriously and manage allergen risks. This involves having reliable and safe systems to know what is in all food you handle and to control cross contamination.

In this four-hour workshop you will learn:

- To understand the needs of people with allergies, intolerances and coeliac disease and the challenges of choosing food suitable for them when shopping and eating out
- Which foods are most likely to cause reactions, and which recipes require them
- The legal obligations of supplying food to people with allergies and intolerances
- To understand the needs of specific groups, babies, young children, teenagers, and the elderly and appreciate who is at greatest risk
- How to choose, prepare and serve suitable food for somebody with a food allergy or intolerance
- To understand environmental and other allergy risks in the workplace eg soap and cleaning products.

Course Costs

- £200 (£150 charity/community group) course delivery and materials (Travel expenses will be charged where appropriate)

Maximum Number of participants: 12

FOOD HYGIENE

Introduction to Food Hygiene

The Introduction to Food Hygiene Course is approved and certificated by the Royal Environmental Health Institute of Scotland (REHIS).

In this two-hour session participants learn:

- The benefits of high standards of cleanliness in the kitchen
- The importance of good personal hygiene
- The causes of food poisoning, and how to avoid them
- How to store food safely
- The importance of best practice in commercial/community kitchens

This course is perfect for anyone wanting to learn how to prepare and store food safely. It is essential for volunteers and others working in community cafes and community larders.

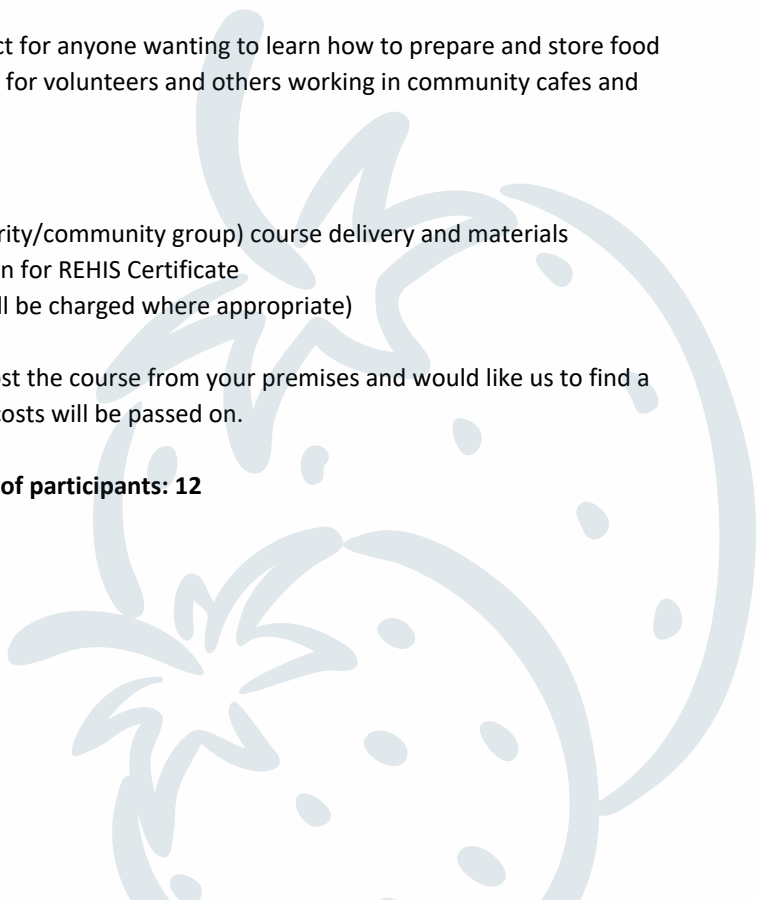
Course Costs

- £150 (£100 charity/community group) course delivery and materials
- £7.50 per person for REHIS Certificate

(Travel expenses will be charged where appropriate)

If you are unable to host the course from your premises and would like us to find a venue for you, the costs will be passed on.

Maximum Number of participants: 12



Elementary Food Hygiene

The Elementary Food Hygiene Course is approved and certificated by the Royal Environmental Health Institute of Scotland (REHIS) and is credit rated on the Scottish Credit Qualifications Framework (SCQF) at level 5 and awarded 1 credit. It is nationally recognised in all sectors of the food industry. The course is designed to help employers and employees ensure that all food handling activities are carried out safely.

In this six-hour session participants learn:

- The importance of high standards of hygiene and food safety
- Bacteria and how they can be destroyed
- Food poisoning and its prevention
- The importance of personal hygiene in food handling
- The importance of a safe, clean working environment
- Common food pests and their control
- Effective cleaning methods
- HACCP (Hazard Analysis and Critical Control) Food Management System
- Current Food Safety Regulations

This course is perfect for anyone working in community/commercial kitchens and those looking to gain qualifications to work in the food industry.

Course Costs

- £300 (£250 charity/community group) course delivery and materials
- £12 per person REHIS Certificate

(Travel expenses will be charged where appropriate)

If you are unable to host the course from your premises and would like us to find a venue for you, the costs will be passed on.

Maximum Number of participants: 12

Running a Community Cooking Group

At Abundant Borders, we believe that every community has the power to support its own food security and well-being and we want to equip community groups with the skills, knowledge, and confidence to run their own cooking courses tailored to the needs, interests, and circumstances of their own community. At the end of the workshop, participants will design a basic session plan for their own cooking group, considering their target audience, resources, and potential challenges.

In this six- hour workshop participants will learn:

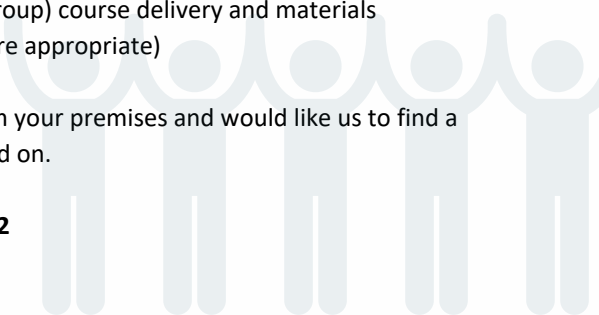
- The role and responsibilities of a cooking group leader
- How to assess the needs, interests, and abilities of cooking group members to ensure accessibility and engagement
- How to identify potential barriers to participation (e.g., financial constraints, cultural preferences) and develop strategies to address them
- How to plan a cooking group, including choosing suitable recipes, sourcing affordable ingredients, and organising practical sessions
- The key steps in delivering a cooking session, including preparation, facilitation, and group management
- The importance of completing a risk assessment, as well as using venue and session checklists to ensure safety and accessibility
- How to support participants with different abilities and experience levels.
- How to identify and support individuals with additional support needs and strategies to resolve any issues that may arise during a session
- Understand and apply different evaluation techniques and tools to assess learning, confidence-building, and engagement

Course Costs

- £300 (£250 charity/community group) course delivery and materials
(Travel expenses will be charged where appropriate)

If you are unable host the course from your premises and would like us to find a venue for you, the costs will be passed on.

Maximum Number of participants: 12



Our Vision

Our vision is a world where everyone, regardless of personal circumstances, has access to healthy, nutritious food

Our Mission

Our mission is to put **GOOD FOOD** at the heart of communities

We fulfil our mission by:

- Creating a network of local food production through community gardens
- Teaching people the skills to grow their own food and encourage them to seek out locally produced food
- Teaching people the skills to cook healthy, affordable meals
- Supporting the transition to a fair and sustainable food system in the Scottish Borders

COMMUNITY FOOD GROWING

Community gardens are a great way to make new friends while learning how to grow your own food in an environmentally friendly way.

There are community gardens across the Scottish Borders so find the one nearest you, pop along and join in!

Contact projects@abundantborders.org.uk for more details.

Directions and What3words location -

AYTON: Summerhill Park, Off The Beanburn - rainfall.mastering.highlight

DUNS: Along Station Avenue to Station Crescent - saved.chapels.dancer

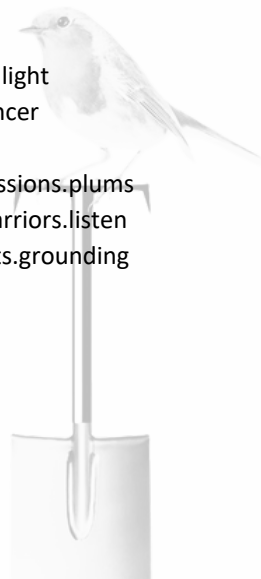
EYEMOUTH: Along Golf Course Road - myths.elaborate.basics

FOULDEN: part of the playing fields off Kerrigan Way - sharpness.passions.plums

HAWICK: Off the High Street, behind Community Store - reacting.warriors.listen

KELSO: Between Roger Fish Gardens and the Tweed - outbound.units.grounding

LOWOOD: Towards Lowood Plant Centre - nerves.spend.everyone



Volunteering with Abundant Borders

Volunteering is a great way to meet new people, learn new skills and help strengthen our communities. The benefits can last a life time - not just for those you are helping, but for YOU as well.

We strive to be creative and inclusive and offer a wide range of volunteer opportunities.

- Join the team preparing food for social events
- Join our Community Food Growers and learn how to grow food for yourself and your community
- Join our Board of Trustees
- Join our front of house team, welcoming people to events, workshops and courses
- Join the team helping with marketing and social media
- Join the team delivering cooking and food hygiene courses
- Join the admin team working hard in the background.

You'll add value to your CV with certificates for completion of training or service. Give it a go! You may be surprised at just how much you can gain from helping others.

Contact volunteering@abundantborders.org.uk for more details.

Abundant Borders is a Volunteer Friendly Award Winner



“A great way to give back to my community and interact with those taking part in the activity”

•

“Volunteering with Abundant Borders has been very rewarding and I would recommend them to anyone”

•

“I have really enjoyed getting involved by helping out with gardening tasks”

GOOD FOOD

at the heart of communities



ABUNDANT
BORDERS



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